



2D INFANTRY DIVISION



FRG NEWSLETTER

November Issue

27 November 2006

Hello, from the Division HQ and Freeman Hall.

I hope everyone is well and enjoyed a relaxing Thanksgiving Holiday. The Division completed a very successful Warpath III exercise just before the holiday, earning their short break. This exercise was a train-up for our Warfighter exercise in mid-December, and showed us some areas where we are doing quite well, as well as a few areas we need to improve in. We'll concentrate over the next few weeks on addressing these areas in order to have these areas hammered out in time for the Warfighter. The Division conducted the Warrior Country Christmas in November shopping trip to the Chosun Gift Shop on 19 November. It was a successful event, allowing many Soldiers to visit the Chosun, the Second hand Rose thrift shop, and other facilities on Yongsan Garrison, all at no cost to them. The busses for this trip were graciously provided by the AUSA-Korea Chapter. Over 175 Soldiers and Family Members participated in the trip, and we will continue this event next year. The Division will also soon welcome our new Division Command Sergeant Major, CSM Brian M. Stall and his wife Cheryl. Their formal welcoming Patch Ceremony is scheduled for 1100, 5 December on the Camp Red Cloud Village Green. All are invited and encouraged to attend this ceremony.

This, the fourth issue of the FRG Newsletter, includes some information that we hope will be of assistance to our FRG groups and family members. I request that you forward this information to the members of your FRG, both here and CONUS, and post it in common areas for their information. There is a short list of FRG events from the Warrior Activities Calendar below, if you have events or information you'd like included, please forward them to your Battalion FRG Leader who will forward them to our Division FRG Liaison. We will continue to expand this newsletter, and will add information from the Unit Ministry Teams and Staff Judge Advocate for you and your families.

The attached pdf and ppt files are events from Areas I, II, and III that may also interest you. Again, if there are other items for December or later please forward them to MAJ Harris.

Thanks for your time!

DIVISION FRG MEETINGS

Date	Meeting	Location
Thu 11/30/2006	1-72 AR FRG Steering Committee	Camp Casey
Tue 12/5/2006	4th CM FRG Meeting	Camp Hovey
Fri 12/8/2006	302 BSB FRG Steering Committee Meeting	Camp Hovey
Sat 12/9/2006	4-7 CAV FRG Family Visit at KTC	Camp Hovey
Wed 12/13/2006	2ID Yongsan FRG Meeting	1RC Conf. Rm
Fri 12/15/2006	1-15 FA BN Steering Committee Meeting	Camp Hovey
Tue 12/19/2006	1-15 FA Bravo FRG Mtg	S3591
Thu 12/21/2006	4-7 CAV Sqdn Kids Party	Camp Hovey
Thu 12/21/2006	BSTB Social and Christmas Party	Camp Hovey
Thu 12/21/2006	302D BSB Christmas Tree Lighting and Christmas Event	Camp Hovey
Fri 12/22/2006	4-7 CAV Sqdn Christmas Party	Camp Hovey
Fri 12/22/2006	4th CM Christmas Party	Camp Hovey
Thu 1/4/2007	4-7 CAV Sqdn Command info brief	Camp Hovey

Thu 1/4/2007	1-15 FA BN FRG Mtg	Camp Hovey
Wed 1//2007	2ID Yongsan FRG Meeting	1RC Conf. Rm
Fri 1/26/2007	1-15 FA Welcome Home From Field	Camp Hovey
Tue 1/30/2007	2ID FRG Steering Committee Meeting	CRC, 2ID Conf. Rm

IMPORTANT!

APO MAILING DEADLINES: The 19th AG Postal Company, your Military Postal Personnel, reminds you that the increased flow of mail to and from Korea during the holiday season can cause longer transit times for mail. To ensure your Christmas packages, cards and letters arrive in time they encourage you to mail early, and provide the below mailing deadlines to ensure your loved ones receive your Christmas wishes by Christmas.

DESTINATION	1ST CLASS	PRIORITY	PAL	SAM LETTERS/ CARDS	SAM (OVER 15 LBS/60" COMBINED LENGTH AND GIRTH)
CONUS	11 DEC	11 DEC	4 DEC	4 DEC	N/A
APO/FPO AP	11 DEC	11 DEC	11 DEC	11 DEC	N/A
APO/FPO AE (Exceptions see below)	11 DEC	11 DEC	11 DEC	11 DEC	N/A
APO/FPO AE 09502, 09508, 09568, 09587, 09588, 09593, 09596, 09704, 09709, 09725, 09727, 09728, 09729, 09730, 09731	11 DEC	11 DEC	4 DEC	27 NOV	14 NOV
APO/FPO AA ZIPS 340	11 DEC	11 DEC	4 DEC	27 NOV	14 NOV

SCHOLARSHIPS FOR MILITARY CHILDREN PROGRAM OPENS FOR 2007: The Defense Commissary Agency (DeCA) Scholarships for Military Children program is opening for 2007. Applications for the \$1,500 scholarships are available at 264 commissaries worldwide, or can be downloaded through links at <http://www.commissaries.com>, <http://www.militaryscholar.org>, or <http://www.dodea.edu>. Most of the funds are donated by manufacturers, brokers and suppliers selling groceries in commissaries, and every dollar donated to the program by industry or the general public goes to fund the scholarships. The program is administered by the Fisher House Foundation. A significant number of scholarships, about 10 percent every year, go to high school students at DoD schools overseas. Nearly 3,000 scholarships totaling over \$4 million have been awarded since the first awards were given in 2001. Applications for 2007, which includes an essay on "how and why" the applicant would change an historical event, must be turned in at a commissary by close of business on Feb. 21, 2007. At least one \$1,500 scholarship will be awarded at every commissary location with qualified applicants. Applicants must be planning to attend, or already attending, an accredited college or university full-time in the fall term of 2007, or enrolled in a program of studies designed to transfer directly into a four-year program. The \$1,500 scholarships are available for unmarried children under the age of 21 (23 if enrolled in school) of military active-duty, Reserve, Guard and retired personnel. Eligibility is determined using the Defense Enrollment Eligibility Reporting System (DEERS) database.

Applicants should ensure that they, as well as their sponsor, are enrolled in DEERS and have a current ID card.

NEWS SHORTS

AREA I

IMMIGRATION AND US VISA PROCESS: Area 1 Army Community Service will host an Immigration Presentation presented by U.S. Citizenship and Immigration Services. The presentation will address many of the issues Soldiers and non-US-citizen spouses face while working to get a US Visa prior to PCSing back to the States. The presentation is scheduled for 09:30 – 11:30, 6 December, at the Camp Casey Theater. For more information or to sign up for the presentation, call 730-3107.

WARRIOR COUNTRY ARMY COMMUNITY SERVICE HOLIDAY DINNER PROJECT: The Warrior Country Army Community Service is conducting the Annual Holiday Project from 15 November through December 15. Applications are available at any Warrior Country Army Community Service (BLDG S2306 – Camp Casey, BLDG S-16 Camp Red Cloud and BLDG: 2342 Camp Stanley) or through your First Sergeant. If you are an E-5 Soldier (or below) with family members living with you in Area 1, or if you know of a Soldier (in Warrior Country) who would be eligible for this year's Holiday Project, contact your Unit Commander or First Sergeant to submit an application. Holiday Project application deadline for submission is 08 December. Military units, authorized Private Organizations, and individuals may contribute money or gifts to the program. For more information, contact Gwendolyn McCarthy at 730-3142 or your local ACS office.

AREA II

AAFES-KOREA OPENS FIRST STARBUCKS IN YONGSAN GARRISON: Area II community members have a new place to get a "cup of Joe." Army and Air Force Exchange Service officials unveiled a new Starbucks Nov. 7 at the Yongsan Town House. "All over the world, Starbucks operates more than 13,000 stores," said Area II AAFES General Manager Betty O'Brien. "This is the first Starbucks for us in Korea."

There is a Starbucks on Yongsan Garrison South Post, but it is not an AAFES operation. "This is a renowned name brand," O'Brien said. "We hope to be able to better serve our customers by providing them with quality services from known vendors."

Starbucks Korea officials joined with Area II Commander Col. Ron Stephens, AAFES Korea and Japan Area Manager Paul Stenseth, O'Brien and others to "cut the ribbon" during a lunchtime ceremony Nov. 7. "This is just another way to make this community better," Stephens said. "AAFES has been a great partner."

As many at the grand opening ceremony enjoyed free cake and coffee, 8th U.S. Army Band member Sgt. Todd Corona made his way to the cash register to become the store's first paying customer. "I plan to come here a lot," he said. "I'm here at the Town House everyday anyway."

AREA III

FREE AEROBICS CLASSES AT HUMPHREYS GYM: Choose from kick boxing, yogalates, yoga, step, water aerobics, sculpt and cardio sculpt, cardio combo or just ABS. All are offered free by certified instructors. Contact the Camp Humphreys gym at 753-8810 or 753-8811 for times, locations and complete information.

HUMPHREYS AREA ELEMENTARY SCHOOL WORKSHOP SET: There will be a "Helping Your Child with Reading" parent workshop from 11:30 a.m.-12:30 p.m. Tuesday at Humphreys American Elementary School, North Campus conference room.

TAX ASSISTANCE VOLUNTEERS NEEDED: The Area III Tax Assistance Center is looking for motivated volunteers to assist with tax return preparation for Soldiers and family members in the coming tax year. Training will be provided. Hours are flexible. Interested persons should call 753-6245 and leave their contact information.

HOLIDAY FOOD VOUCHERS: A limited number of Holiday food vouchers will be available for those in need this holiday season. For information contact individual unit first sergeants, or the Camp Humphreys Chapel at 753-7274.

HEALTH AND SAFETY INFORMATION

NEW! KOREAN HEMORRHAGIC FEVER: KHF has been a hazard to all servicemembers in Korea since 1986. The infection occurs by breathing or swallowing dust contaminated with virus laden rodent feces, urine, and saliva. Incubation period usually is 2-4 weeks and Soldiers are proven to be sick through positive blood sample. They will experience fever, sore throat, and other "flu-like" symptoms, yet person-to-person transmission does NOT occur. For more information see attached Memorandum or USFK Regulation 40-1.

FLUSHOTS: Flu Season has arrived again in Korea. Family members who still need flu shots are encouraged to visit their local medical treatment facility to receive Influenza vaccinations. As a reminder, children must be 6 months old to receive the influenza vaccination. Vaccinations are available at the following locations:

<u>Location</u>	<u>Phone</u>	<u>Hours of Operation</u>
121 General Hospital	737-8401	M / T / W / F 0730-1130, 1300-1600 Thurs 1300 -1600
Camp Humphreys	753-7658	M / W / F 0830-1130, 1300-1530 Tues 0830 -1130
Camp Casey	730-4612	M / T / W / F 0800-1500
Camp Red Cloud TMC	732-6011	M / T / W / F 1300-1500

TRICARE: All active duty service members have TRICARE Prime for health care, and TRICARE Dental for dental care. They will be cared for by the in-network physicians at local military treatment facilities (MTF). Soldiers with families in Korea must enroll their family members in TRICARE Prime or they will default to TRICARE Standard (assuming they are in DEERS). They also must enroll their family in TRICARE Dental in order for them to receive dental care. If they have Command Sponsorship here in Korea they must enroll their families in TRICARE Prime. Active duty family members here in Korea that are not command sponsored automatically have TRICARE Standard because they are out of their region.

The main difference between Prime and Standard is that with Standard you do not have to see the in-network physicians and you do not need referrals to see specialists but you do need to be able to pay for care upfront and file claims afterwards. With Prime you do have to see the in-network physicians and get a referral to see a specialist but you do not have to worry about claims. Standard beneficiaries can receive care at a MTF but are seen on a Space-available basis.

For more information visit the TRICARE website at: <http://www.tricare.osd.mil/> or call 736-8558 for TRICARE Prime or Standard Information. For TRICARE Dental, please call 736-5051 or 011-9977-0107

UNIFORMED SERVICES FAMILY HEALTH PLAN: The Uniformed Services Family Health Plan (USFHP) is a TRICARE Prime option available to active duty dependents, retirees and retiree family

members through not-for-profit health care systems in six areas of the United States. If you use the USFHP, you must get all care through the USFHP network in your area. By using USFHP you get the TRICARE Prime program benefits, plus premium advantages and features at no extra cost. For more information about eligibility, visit the USFHP Website at: <http://www.tricare.osd.mil/fags/Default.aspx>, or the TRICARE Website at <http://www.tricare.osd.mil/fags/Default.aspx>. You may enroll in the USFHP at any time during the year by completing an application for the provider in your area. For more information, and to download an application, visit: <http://www.usfamilyhealthplan.org>.

TRICARE ALLOWABLE CHARGES AVAILABLE ONLINE: The new website at: <http://www.tricare.osd.mil/allowablecharges> shows the most frequently used procedures and the amount TRICARE is legally allowed to pay for them. These charges are tied to allowable charges for the Medicare program, thus making them an allowable federal standard for health care costs. It used to be that a TRICARE claims processor told the provider the allowable charge amount for services and procedures. Now anyone can see what TRICARE will pay for over 300 procedures and services.

ROAD CONDITION HOTLINE.

The changing weather conditions will have a direct effect on the road conditions throughout 2ID. If any units would like to know the current road conditions, they can call 738-7623 or log on to <http://www.korea.army.mil/Road-Conditions/Road-Conditions.htm>.

EMERGENCY PHONE NUMBERS.

The emergency phone number can be accessed through any DSN phone on every camp by dialing **911**. To access 911 on your cell phone on: **CRC:** 031-870-9117, **Casey:** 0505-730-5906, **Western Corridor:** 0505-734-2117. **The Prostitution and Human Trafficking 2ID Hotline is:** 736-9333 or **KNP-**02-723-0183. For Korean National Police call **112**. The **Sexual Assault Hotline** for active duty military victims of sexual assault and any uniformed members to provide input (anonymously if desired) to the **DOD Task Force on Care for Victims of Sexual Assault is:** 011-740-0479. A mental health care professional or chaplain will answer the Crisis Intervention Hotline. Dial H-E-L-P (4357) from any DSN phone or 0505-730-HELP from a cell phone or non-DSN phone.

TRAINING OPPORTUNITIES

UPDATE! ADVOCACY PROGRAM: Education/Preventive Services include New Parent Support activities and classes, Crisis Intervention and Referrals, Stress and Anger Management classes, Command/Troop Briefings, and other parenting classes. The overall goal is to promote effective healthy family functioning, reduce family stress, and eliminate violence through education and support programs. The three components of Family Advocacy are Education/Prevention, Intervention & Treatment. Questions for dates and times call 730-3150.

AREA I SPOUSE ORIENTATION

Area 1 Army Community Services offers a Family Member orientation program as part of improcessing. ACS provides two monthly spouses/civilians newcomer orientation briefings on the 2nd Wednesday of each month at Camp Casey and the 3rd and Wednesday of each month at Camp Red Cloud (CRC). Both are held at the respective camp's ACS center from 0900 to 1600. Participants are given an opportunity to attend the Warrior Readiness Center (WRC) cultural tour and lunch. Currently, spouses, civilians and tenants are offered the opportunity to attend the WRC orientation or the ACS spouse orientation. Area 1 offers instruction in English and Russian (by appointment) and is researching to offer in Pilipino and Korean. For more information call 730-3143.

AREA III SPOUSE ORIENTATION SEMINAR

Learn everything you need to know about Camp Humphreys at the next Spouse Orientation Seminar Tuesday and Wednesday, at the CAC. Day one is a classroom session with topics of interest to family members. Free child care is provided, but pre-registration is required – call 753-8321 to register. Day two offers a tour of Camp Humphreys, Anjung-ri and E-Mart. Child care is not provided but children are welcome. Call 753-8321 for information.

FRG LEADER TRAINING

Training is available for FRG Leaders, both online and at Army Community Services. This training is intended to offer support, assistance, and training to FRG Leaders, no matter your geographic location or schedule. Leading an FRG focuses on four main areas: Managing, Leading, Connecting, and Empowering. These four leadership rings overlap, and Army Soldiers and families are the core and primary focus of the FRG. Online training is available at MyArmyLifeToo.com

FINANCIAL READINESS AND MANAGEMENT PROGRAM

ACS provides financial training to assist Soldiers and Family Members become more fiscally responsible. This training is offered at ACS facilities at the listed time. Financial Readiness offers a wide range of services to individual soldiers and to units. For the individual, we can assist in preparing detailed budgets for the future. This is especially helpful to people who are about to be married, have a child, or relocate. For those who are experiencing or anticipate financial difficulties, we offer counseling and several publications to help get the situation corrected. **730-3142/3108**

<u>DATE</u>	<u>EVENT</u>	<u>TIME</u>	<u>LOCATION</u>
7 December	Personal Financial Management	0900-1700	Cp Casey, ACS
19 December	Personal Financial Management	0900-1700	Cp Red Cloud, ACS
22 December	Understanding & Balancing Your Checkbook	0900-1200	Cp Casey, ACS
27 December	Understanding & Balancing Your Checkbook	0900-1200	Cp Red Cloud, ACS

Area III ACS offers Personal Financial Readiness Education Every Tuesday at 1300

FAMILY READINESS GROUPS: Family Readiness is the state of preparedness and a key component of mission readiness. 2ID/ Area 1 has established CARRR (Commanders Academy for Readiness, Retention, & Resilience) to facilitate education, training and communication. CARRR convenes quarterly and highlights various areas of Family Readiness. Utilizing Operation READY, AFTB and agency presentations, this forum equips Commanders and FRG Leaders with tools to sustain mission readiness. Questions for dates and times call 730-3143.

HELPFUL WEBSITES

United States Forces Korea (USFK)	http://www.usfk.mil/USFK/index.html
Eighth United States Army (EUSA)	http://8tharmy.korea.army.mil/
2nd Infantry Division	http://www-2id.korea.army.mil/
IMA Korea Region	http://ima.korea.army.mil/imakoroweb/sites/local/
TRICARE Website	http://www.tricare.osd.mil/
Army Families Online:	http://www.armyfamiliesonline.org/
Military OneSource	http://www.militaryonesource.com
Military Homefront	http://www.militaryhomefront.dod.mil/

My Army Life Too

<http://www.myarmylifetoo.com>

US Embassy Seoul

<http://seoul.usembassy.gov/>

US Bureau of Citizenship and Immigration Services

<http://www.uscis.gov/graphics/index.htm>

MICHAEL W. FEIL

Colonel, GS

Division Chief of Staff

POC:

MAJ Ben Harris

Deputy, G1/AG

732-7308

Ben-harris@korea.army.mil